

# Rosemary Chicken Salad Sandwiches

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 sandwich

## Ingredients

- 1½ cups chopped or shredded cooked chicken breast
- ¼ cup nonfat plain Greek yogurt
- 2 tablespoons olive oil mayonnaise
- 2 tablespoons chopped green onions
- ¼ cup slivered almonds
- ¼ cup dried cranberries
- 1 tablespoon dried rosemary
- 1 teaspoon Dijon mustard
- ⅛ teaspoon black pepper
- 4 slices of whole grain bread

## Directions

1. Combine all ingredients, except the bread, in a large mixing bowl. Stir well.
2. Spread ½ of the mixture (about 1 cup) over one bread slice, top with second bread slice to form a sandwich.
3. Cut sandwiches in half and serve.

## Recipe Notes

- Instead of whole grain bread, try with a pita, wrap, or on a bed of mixed greens.
- A great way to use leftover chicken or substitute leftover turkey if desired.

**Nutrition Facts Per Serving: Calories: 445 | Total Fat: 13 g | Saturated Fat: 2.5 g  
Sodium: 500 mg | Total Carbohydrate: 42 g | Dietary Fiber: 5 g | Protein: 40 g**

Adapted from MyRecipes

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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